



YOGA CO-OP OF MADISON

812 E DAYTON ST MADISON, WI 53703

DEVOTED TO TEACHING CLASSICAL YOGA
IN THE IYENGAR TRADITION

SEPT-DEC 2023 SCHEDULE

[SIGN-UP @ YOGACOOOP.COM](https://yogacoop.com)

Sunday	9:00 – 10:30 AM	ALL LEVELS	Katie	STUDIO
	10:45 – 12:00	LEVEL 1	Katie	STUDIO
Monday	6:00 – 7:15 PM	BEGINNER SERIES Sept 11 to Oct 2 Oct 9 to Oct 30 Nov 6 to Nov 27	Paul Lisa Sophie	STUDIO
		ALL LEVELS	Katie	STUDIO
Tuesday	10:00 – 11:30 AM	ALL LEVELS	Katie	STUDIO
	5:30 – 7:00 PM	LEVEL 2	Faith	STUDIO & ZOOM
Wednesday	9:00 – 10:15 AM	AGELESS SERIES Oct 18 to Dec 18 (No class Nov 22)	Faith	STUDIO
	5:00 – 6:30 PM	ALL LEVELS	Katie	STUDIO
Thursday	7:00 – 8:30 PM	LEVEL 1	Sophie	STUDIO
	11:00 AM – 12:15 PM	RETURNING to YOGA SERIES Oct 5 to Oct 26	Sophie	STUDIO
		TWIST SERIES Nov 2 to Nov 30	Sophie	
Saturday	5:30 – 7:00 PM	ALL LEVELS	Karan	STUDIO & ZOOM
	9:00 – 10:30 AM	LEVEL 1	Lisa	STUDIO & ZOOM

See: yogacoop.com/class-descriptions/ for details